

Your Body Needs the CORRECT Salt

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Salt or sodium, is required by each and every one of the trillions of cells in our body. Sodium a vital electrolyte required for the proper functioning of muscles, nerves, PH and fluid balances, cardio vascular health and blood pressure regulation, bone integrity, adrenal, thyroid and hormonal balances, energy production, immune system and detoxification processes. Lack of enough sodium can result in nausea, vomiting, headaches, disorientation, weakened immune system, heart arrhythmia, unconsciousness and even death.

Most adults are advised to consume up to 2,300 milligrams of salt/sodium per day or about one teaspoon, more if you sweat a lot or are very active.

The average North American diet consisting of processed, packaged and restaurant foods, normally contains white table salt (processed or refined salt) in amounts far above healthy daily limits which can lead to many short term and chronic health conditions.

(Salt substitutes with potassium are not recommended for diabetics, people with heart diseases or kidney diseases because their body may not be able to excrete the potassium. This could result in an excess of potassium in the body which can cause muscle pain and weakness, and irregular heartbeat that could lead to a heart attack. Potassium chloride is the most commonly used salt substitute and has almost the same level of toxicity as sodium chloride for a healthy person.)

The best salt is natural and unrefined such as Celtic (grey), Redmond Sea Salt, Pink Himalayan (rock or crystal salts) or Epsom salts. Dead Sea salt is higher in bromide and not recommended for oral intake but has beneficial topical uses. Of these, Pink Himalayan salt comes out on top for regular daily consumption and Epsom salts for bath soaks.



White table salt (refined) can cause potassium imbalances, high blood pressure and heart disease, kidney and gallbladder stones, gout, arthritis, constipation, tissue swelling, stomach ulcers, tremors, headaches and seizures. White salt is 97.5% sodium chloride with the remaining 2.5% being man-made chemicals added as anti-clumping agents, often containing aluminum derivatives. It also undergoes a refining process heating it to 1200 degrees Fahrenheit, destroying its natural chemical and trace mineral structures thereby rendering it to be more harmful than useful in the body.



Sea salt is obtained by evaporating salty seawater or ocean water. Sea salt is untreated, pure, natural and darker than the table salt and has about 97% sodium chloride (same as white table salt) while the remaining 2-3% contains minerals in trace amounts. Unfortunately, many of our oceans are polluted with toxins like mercury, PCBs, oil spills and other chemicals, as well as micro-plastics.



Celtic Sea Salt or Grey salt is colored by the natural clay from being harvested along the coastline in France from evaporated ocean water. It's fairly rich in minerals and has many of the same properties as pink salt, but contains about 13% water, making it a moister consistency,. It can be more expensive due to the labor costs of hand-raking to harvest the salt. Light grey Celtic Sea Salt contains 33% sodium, 50.9% chloride and 1.8% minerals and trace elements. It also has higher amounts of trace aluminum than Pink Himalayan salt.



Redmond Real Salt is an all-natural, unrefined sea salt harvested from an ancient underground salt ocean deposit in Redmond Utah. Redmond Real Salt is 98% sodium chloride and 60+ trace minerals making up the remainder 2%. There are no added chemicals.



Himalayan Salt (pink, rock or crystal salt) is claimed to be the purest, cleanest and most beneficial salt available containing all of the 84 elements found in your body. It's mined 5000 feet deep below the Himalayan Mountain Range in Pakistan and its color variations (pink, white, red) are indicative of its mineral content. It is pure, having spent thousands of years maturing under extreme tectonic pressure, so it isn't polluted with heavy metals and industrial toxins. It is hand-mined, hand-washed, and minimally processed. Pink Himalayan salt is 84% sodium chloride with the remaining 16% being made up of naturally-occurring trace minerals. This is a great choice for those needing electrolyte replacements due to illness, exercising or just general wellness maintenance.



Epsom Salt, also known as magnesium sulfate, is a naturally occurring compound that contains magnesium, sulfur and oxygen. It looks very similar to table salt but doesn't contain any sodium chloride. It's not used for cooking/food because of the bitter taste, but has been proven to be a wonderful detoxifying and regenerating bath soak. The skin is a porous membrane that both takes in minerals and eliminates toxins everyday. The high levels of magnesium help to reduce stress, aches, pains and inflammation, and improves blood flow through out the body. High sulfur levels help your body and liver to detoxify from heavy metals, chemicals, pharmaceuticals and aids in skin rashes. Epsom salts can be taken internally for occasional constipation by taking 1-2 tablespoons dissolved in 8 ounces of water. This dosage contains 1500-3000 mg of magnesium so will have a stool softening effect. Epsom salts can also be used in vegetable gardens as a slug repellent and used in magnesium and sulfur deficient soils.

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